

Leonía Recreation Commission

Presents:

Winter Programs



2016



Registration begins Monday,

January 4, 2016

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370 Broad Avenue, Leonía, NJ 07605

(201) 592-5783

www.LeoníaNJ.gov

LEONIA RECREATION COMMISSION

IRA J.GOLD - CHAIRPERSON

**MARILYN MULATO
JODI KRAKOWER
ANTHONY PUZZO
Alt. FRANK PRINICIPE**

**KARL MARQUARDT
ERICA CHACE
Alt. PAUL SPRINGOB**

The Recreation Commission meets at the Borough Annex, 305 Beechwood Place, on the third Tuesday of every month at 7:30 p.m. Public is invited to attend.

RECREATION DEPARTMENT STAFF

Barbara H. Davidson, Superintendent

Andrew Lannaman, Program Director

Marion Cassidy, Senior Coordinator

Borough Annex (201) 302-9660

OFFICE HOURS

**MON: 8:30 am – 4:30 pm
TUES: 8:30 am – 8:00 pm (Late Day)
WED: 8:30 am – 4:30 pm
THUR: 8:30 am – 4:30 pm
FRI: 8:30 am – 12:00 pm (Early Day)**

****VOICEMAIL AVAILABLE AFTER-HOURS FOR PROGRAM UPDATES****

*******PROGRAM SCHEDULE WILL FOLLOW SCHOOL CALENDAR*******

NO CLASSES AND OFFICE CLOSED:

Monday, January 18: Martin Luther King Day

Friday/Monday, February 12 & 15: Lincoln's Birthday/President's Day

Friday, March 25: Good Friday

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PAYMENT METHODS

- Prior to attending any program a **registration form must be completely filled out** for each course.
- **Forms available online or at Recreation Center.**
- All fees are due and payable at the time of registration (except if on a waiting list).
- Late registration will be accepted, space permitting, **but will not be pro-rated.**
- **Please make checks payable to “Borough of Leonia”.**

WALK-IN REGISTRATION

- Walk-in registration will be accepted on a **first-come first-served basis.**
- If a program has been filled you may ask to be put on a waiting list.

NON-RESIDENTS

- Space permitting, non-residents may be allowed to register for programs **after the first week of registration.**
- An **additional fee of \$25.00** will be applied to each program, unless otherwise stated.

SIBLING DISCOUNT

- Taken at time of registration. Register 2 siblings or more in the **same program** and you will receive a 10% discount for each **additional** child.

REFUNDS

- All refund requests, at the latest, must come directly to the Recreation office one week prior to program start date.
- **Otherwise NO REFUNDS are given unless:**
 - The program is cancelled by the Recreation Commission.
 - The request is accompanied by a doctor's written medical excuse.
 - Medical refunds are pro-rated based on the date of notification to the Recreation Commission.
- There are no refunds after a program has ended.
- A \$5.00 fee will be applied for all refunds.

INSURANCE

- Accident reports must be filled out within 24 hours of incident.
- Waiver forms must be filled out for all children's programs.

PROGRAM CANCELLATIONS

- The Leonia Recreation Commission reserves the right to limit or cancel programs.
- Program schedules will follow school calendar.
- ***When schools are closed due to inclement weather all programs will be canceled unless otherwise noted.***

PARK & BALL FIELD FACILITY PERMITS

- Registration for parks and/or fields must be submitted to the Recreation Office for groups over 10.
- Use of Leonia parks/fields is by permit only.

PRESCHOOL

2016 Winter Season Soccer School



Keeping kids active helps kids to fit it into their everyday routines. Doing so can establish healthy patterns that will last into adulthood.

Ages: Pre-K Students (4 – 5 year olds)
Day: Thursdays
Date: January 21 – March 10 (8 weeks)
Time: 1:00 – 2:00 pm -- Session #1 (10 spots available)
2:00 – 3:00 pm -- Session #2 (10 spots available)
Space is limited, first come first serve
Location: Recreation Center Gym
Fee: \$140.00



CREATIVE MOVEMENT

Instructor: Sharon Snyder
Content: A dance class that focuses on the joy of movement using activities that improve coordination, musicality, and expressiveness.
Day: Mondays
Ages: 3-5 year olds (10 spots available per class)
Time: 3:30 – 4:00 pm
Date: January 25 – March 28 (9 Weeks)
Location: Recreation Dance Studio
Fee: \$85.00
Dress Code: Girls should wear any color leotard with pink tights and pink ballet shoes. Boys should wear a t-shirt, form fitting sweat pants or black tights, white socks and black or white ballet shoes.

****No Class February 15 – Presidents Day****

PRESCHOOL

JULIE'S MUSIC APPRECIATION

Instructor: Julie Sung
Content: This class will highlight the universal language of music. Parents and children will experience a wide variety of musical pieces and learn musical concepts such as dynamics, tempo, rhythm, tone and pitches. This class is designed to expose children to a variety of music that will result in a greater appreciation for music. Ms. Sung is a music teacher with an extensive background in teaching young children. 12 families per class.
Day: Thursdays
Ages: 6 months – 4 year olds
Time: 10:00 – 10:45 am
Dates: January 21 – March 10 (8 weeks)
Location: Recreation Center Meeting Room
Fee: \$125.00

RHYTHM AND RHYME MUSIC CLASS

Instructor: Gehn Su
Content: Play dress up, dance and have fun with all of our new friends singing along to our favorite nursery rhymes. Wonderful opportunity for the little ones!
Day: Wednesdays
Ages/Time: 18-24 months ----- 9:30 – 10:30 am
2-4 year olds ----- 10:30 – 11:30 am
Date: January 20 – March 16 (9 weeks)
Location: Recreation Center Meeting Room
Fee: \$85.00

RUNNERS GYM 1

Instructor: Gehn Su
Content: Get some energy out! This is for toddlers on the go as he/she will run, jump, & tumble through the gym. Balls, beanbags, hula-hoops, and the mini trampoline are some of the play highlights. Circle time songs, the parachute, and train are also included.
Ages: 2-4 year olds
Date: Mondays: January 25 – March 21 (8 weeks)
Fridays: January 22 – March 18 (8 weeks)
Time: 10:30 – 11:15 am
Location: Recreation Center Gym
Fee: \$85.00

****No Classes February 12 & 15 – Lincoln's Birthday & Presidents Day****

PRESCHOOL

TODDLER ART CLASS

Instructor: Gehn Su
Content: In this program our little crawlers will express themselves and show their ideas and creativity through the magic of art. Fun for Moms and Dads as well!
Day: Tuesdays
Ages/Time: Toddler 1: Ages 1-2 year olds ----- 9:30 – 10:30 am
Toddler 2: Ages 2-4 year olds ----- 10:30 – 11:30 am
Date: January 19 – March 29 (10 weeks)
Location: Recreation Center Art Room
Fee: \$90.00

****No Class February 16 – Winter Break****

TODDLER GYM

Instructor: Gehn Su
Content: What better place to spend time with a toddler than in the gym! A time of crawling, jumping, running, and climbing. Introduction to circle time songs, the parachute, Lummi sticks, and a ride on the famous Recreation train! Parent/caregiver participation required.
Ages: 12 – 24 months
Date: Mondays: January 25 – March 25 (8 weeks)
Fridays: January 22 – March 18 (8 weeks)
Time: 9:30 – 10:15 am
Location: Recreation Center Gym
Fee: \$80.00

****No Classes February 12 & 15 – Lincoln's Birthday & Presidents Day****

WIGGLES N' GIGGLES – NEW PROGRAM!!!

Content: Class begins with 15 minutes of free play and exploration followed by a structured portion of circle time, sing-a-longs, introductory gymnastics, obstacle courses, bean bag toss, yoga-based stretching, and a dance party! Children develop social skills and explore fine & gross motor skills in an encouraging community atmosphere. Classes are led by certified instructors of our Kids In Motion Programs.
Day: Saturdays
Ages: 2.5-4.5 year olds
Time: 9:00 – 10:00 am
Date: January 23 – March 12 (8 weeks)
Location: Recreation Center Dance Studio
Fee: \$110.00

****No Class February 13 – Presidents Day Weekend****

Youth

Artists Corner

Instructor: Marco Reyes

Content: During this 10 week program students are encouraged to explore various art media including watercolors, acrylic painting, drawing, inking, airbrush, and more. This class will be used to work on projects at the students' own pace with guidance from the instructor and surrounding artists. We will add inspired pieces to an art portfolio demonstrating depth and knowledge of multiple mediums. For beginners there will be one-on-one instruction and exercises to develop skills, intermediate artists will refine their skills and learn more techniques, and advanced artists will find opportunities to try different methods of developing their own style.

Day: Saturdays

Ages: 10 year olds and Up

Time: 10:00 am – 12:00 pm

Date: January 9 – March 12 (10 weeks)

Location: Recreation Center Meeting Room

Fee: \$115.00

Ballet 1

Instructor: Sharon Snyder

Content: For the more serious student ready to focus on ballet technique.

Day: Mondays

Ages: 7 year olds and Up, or with teacher approval

Time: 6:00 – 6:50 pm

Dates: January 25 – March 28 (9 weeks)

Location: Recreation Dance Studio

Fee: \$95.00

Dress Code: Leotard, pink tights, pink ballet shoes, and hair must be worn-up and secured! No skirts or jewelry please.

****No Class February 15 – Presidents Day****

Classical French Foil

Content: Want to get fit while learning a unique skill? Classical fencing teaches fencing as a martial art so you develop more confidence, self-respect and coordination. For beginners class will focus on fundamentals such as the guard, lunge, basic footwork, attacks and defenses with this thrusting weapon. For returning students you will need to purchase a mask and jacket and you will begin fencing with each other. Classes require both mental and physical exertion which will help you develop strength, stamina, flexibility, and mental acuity.

Ages: 10 year olds and Up

Day: Tuesdays

Time: 6:00 – 7:00 pm

Date: January 19 – March 22 (9 weeks)

Location: Recreation Dance Studio

Fee: \$150.00 resident \$175.00 non-resident

****No Class February 16 – Winter Break****

Youth

Electricity, Magnetmania, and More - NEW PROGRAM!!!

Content: Learn all about electronics, magnetism, and more in the fun and educational hands-on workshop! Take part in our "Minds In Motion" electronic lab and take home your very own circuit kit. With the aid of your instructor simply follow the colorful pictures in your manual to build up to 100 exciting projects, such as a flying saucer, alarm, and doorbell! All parts are mounted on plastic modules and snap together with ease. You will also take part and witness many cool magnetic experiments including making and taking home the World Simplest Motor! See a mysterious spinning top that never stops and witness a cool magnetic sand timer. Watch electricity being produced by a hand held generator, and take part in a cool activity involving a very powerful magnet. Behold a special magnetic top levitating and much more!

Ages: **6-12 Years**
Day: **Tuesdays**
Time: 5:15 – 6:15 pm
Date: January 19 – March 15 (8 weeks)
Location: **Recreation Center Art Room**
Fee: \$170.00 (includes all materials)

****No Class February 16 – Winter Break****

Kids Table Tennis - NEW PROGRAM!!!

Instructor: **Sue Chak**
Content: Welcome to the world of Table Tennis. Imagine a game which sharpens mental skill and concentration & focus. Learn to bring out the best in you and while staying healthy. Research proves that playing Table Tennis invigorates brain functionality and improves concentration, as well as moves every muscle of a child's developing body without being stressed. KiddieGym USA is affiliated with USA Table Tennis. Our program is divided into 3 sections: aerobic exercise with rhythmic music, session with Robo-Pong (Robot), and sessions with an instructor and among themselves.

Ages/Time: **K-3 Grade: 4:30 - 5:30**
4-6 Grade: 5:30 - 6:30
Day: **Tuesdays**
Date: January 19 - March 8 (7 weeks)
Location: **Recreation Center Gym**
Fee: \$125.00 (includes paddles and balls)

Youth

Mechanical Blowfish Robot Workshop

Content: Experience the world of robotics by building and taking home your very own Mechanical Blowfish Robot! Using a crank and linkage rod system this “robo-fish” propels itself through water by its swinging tail fin. Learn all about how the Blowfish Robot works by its motor, gearbox, battery box, and switch. You will also be able to see all the mechanical parts in motion through the transparent green top! It is sealed water-proof tight and you will be able to see it work in our “Minds In Motion” pool. This energetic aquatic robot can even make it across an Olympic sized pool all on its own! Working in groups, students will also fee-build with hundreds of robotic parts. Come get your mind in motion to see who can build the fastest and strongest robot!

Ages: 6-12 year olds
Day: Tuesdays
Time: 4:00 – 5:00 pm
Date: January 19 – March 15 (8 weeks)
Location: Recreation Center Art Room
Fee: \$170.00 (includes all materials)

****No Class February 16 – Winter Break****

Pre-Ballet

Instructor: Sharon Snyder
Content: In this introduction to ballet class children will learn the joy of movement with emphasis on rhythm, coordination, and flexibility.
Day: Mondays
Ages: 5-7 year olds
Time: 4:10 – 4:40 pm
Date: January 25 – March 28 (9 weeks)
Location: Recreation Dance Studio
Fee: \$85.00
Dress Code: Girls should wear any color leotard with pink tights and pink ballet shoes.
Boys should wear a t-shirt, form fitting sweat pants or black tights, white socks and black or white ballet shoes.

****No Class February 15 – Presidents Day****

Project Sewing

Instructor: Gehn Su
Content: This sewing class is a blast for children of all ages! No experience is needed and your children will have the opportunity to sew things they can actually use and make their own patterns. The class is open to both boys and girls who wish to pursue their own fashion creativity. Who knows, Leonia could have the next budding Michael Kors or Donna Karan! Ms. Su has 20 years of sewing experience.

Ages: 2-8 Graders
Day: Tuesdays
Time: 3:30 – 4:30 pm OR 4:45 – 5:45 pm
Date: January 19 – March 29 (10 weeks)
Location: Recreation Center Meeting Room
Fee: \$130.00 (includes fee for materials)

****No Class February 16 – Winter Break****

Youth

Tae Kwon Do

Instructor: Laura Lewis, 3rd Degree Black Belt
Content: Improve balance, flexibility, conditioning, and self-esteem while learning self-defense as well as competition style Tae Kwon Do. Students can advance in belts through serious practice and dedication. Great for both parents and children to take together! Additional fee of \$25.00 is required to take promotion test. For beginners and more advanced participants.
Ages: 6 year olds and Up
Day: Mondays
Time: 7:00 – 9:00 pm
Date: January 25 – March 28 (9 weeks)
Location: Recreation Center Gym
Fee: \$90.00

****No Class February 15 – Presidents Day****

Tap 1 Class

Instructor: Sharon Snyder
Content: Children will enhance their rhythm and motor skills in this class focusing on basic tap steps.
Day: Mondays
Ages: 5 year olds and Up
Time: 4:45 – 5:15 pm
Date: January 25 - March 28 (9 weeks)
Location: Recreation Dance Studio
Fee: \$85.00
Dress Code: Girls and boys should wear loose fitting clothes and tap shoes.

****No Class February 15 – Presidents Day****

Tap 2 Class

Instructor: Sharon Snyder
Content: A continuation of the Tap 1 Class using basic tap choreography to improve the students' coordination, rhythm and improvisational skills.
Day: Mondays
Ages: 7 year olds and Up, or with teacher approval
Time: 5:25 – 5:55 pm
Date: January 25 – March 28 (9 weeks)
Location: Recreation Dance Studio
Fee: \$85.00
Dress Code: Girls and boys should wear loose fitting clothes and tap shoes.

****No Class February 15 – Presidents Day****

Youth

Tap 3 Class

Instructor: Sharon Snyder
Content: A continuation of the Tap 2 Class where students will improve their technique while exploring more complex steps and choreography.
Day: Mondays
Ages: 10 year olds and Up, or with teacher approval
Time: 6:55 – 7:40 pm
Date: January 25 – March 28 (9 weeks)
Location: Recreation Dance Studio
Fee: \$85.00
Dress Code: Dance clothes and tap shoes.

****No Class February 15 – Presidents Day****

Tennis Lessons

Instructor: Barry Ruback
Content: Lessons consist of one hour small group instruction with an emphasis on fundamentals, analysis, strategy, exercise and FUN! Lessons are under the supervision of Barry Ruback – United States Professional Tennis Association. Call Barry Ruback at (201) 568-3946 for information.
Ages: Grades K and Up
Day: Thursdays
Time: 3:15 – 4:15 pm -- K - 1 Graders
4:15 – 5:15 pm -- 2 - 3 Graders
5:15 – 6:15 pm -- 4 - 5 Graders
6:15 – 7:15 pm -- 6 Graders and Up
Session 1: January 21 – February 25 (6 weeks)
Session 2: March 3 – April 7 (6 weeks)
Location: Recreation Center Gym
Fee: \$125.00

Yoga For Teens

Instructors: Alyson Adashko Raskin, PhD., Yoga Instructor, School Psychologist
Content: Teens will develop effective strategies using yoga to relax, stretch, focus, and strengthen body, mind and spirit. Skills learned will last a lifetime in helping with stress management. The atmosphere of the class is supportive, collaborative and non-competitive. Please wear comfortable clothes to move in.
Ages: 13-18 year olds (20 spots available)
Day: Wednesdays
Time: 5:05 – 6:00 pm
Date: January 20 – March 16 (9 weeks)
Location: Recreation Center Meeting Room
Fee: \$105.00

Youth

Yoga For Youth

Instructors: Alyson Adashko Raskin, PhD., Yoga Instructor, School Psychologist

Content: Children will learn to relax, stretch, focus, and strengthen body, mind and spirit. Children will develop effective strategies using breath, yoga postures, games, art, inspirational stories and guided meditation. Skills learned will last a lifetime in helping with stress management. The atmosphere of the class is supportive, collaborative and non-competitive. Please wear comfortable clothes to move in.

Ages: 6-12 year olds (12 spots available)

Day: Wednesdays

Time: 4:05 – 5:00 pm

Date: January 20 – March 16 (9 weeks)

Location: Recreation Center Dance Studio

Fee: \$105.00

Zumba For Kids - NEW PROGRAM!!!

Content: Zumba is a co-ed dance-fitness program designed especially for young boy and girls and combines Kids Pop hit songs with hip-hop, disco and Latin moves. It's a great way to burn off energy while improving coordination and discovering rhythmic talent. The quick choreography will keep them active and happy while developing the motor skills to keep their engines running. Don't worry about getting all the movements down – our step by step approach is beginner friendly! Space in this popular class is limited.

Ages/Time: K-2 Grade: 3:15 – 4:15 pm

3-5 Grade: 4:30 – 5:30 pm

Day: Tuesdays

Date: January 19 – March 22 (9 weeks)

Location: Recreation Dance Studio

Fee: \$140.00 resident

****No Class February 16 – Winter Break****

ADULTS/SENIORS

ADULT PROJECT SEWING

Instructor: Gehn Su

Content: This class is for basic sewing with a machine. In this new innovative program Ms. Su will instruct you on how to use a sewing machine, basic stitching and hemming, and how to make simple patterns. Come enjoy the world of sewing and find less of a need for a tailor in the future! Ms. Su has 20 years of sewing experience and teaching.

Day: **Tuesdays or Wednesdays**

Time: 6:00 – 7:00 pm (Tues)

11:00 am – 12:30 pm (Wed)

Date: January 19/20 – March 22/16 (9 weeks)

Location: **Recreation Center Meeting Room**

Fee: \$150.00

****No Class February 16 – Winter Break****

ARTISTS CORNER

Instructor: **Marco Reyes**

Content: During this 10 week program students are encouraged to explore various art media including watercolors, acrylic painting, drawing, inking, airbrush, and more. This class will be used to work on projects at the students' own pace with guidance from the instructor and surrounding artists. We will add inspired pieces to an art portfolio demonstrating depth and knowledge of multiple mediums. For beginners there will be one-on-one instruction and exercises to develop skills, intermediate artists will refine their skills and learn more techniques, and advanced artists will find opportunities to try different methods of developing their own style.

Ages/Day: **10 year olds and Up – Saturdays**

Time: 10:00 am – 12:00 pm

Dates: January 9 - March 12 (10 weeks)

Location: **Leonia Recreation Center Meeting Room**

Fee: \$115.00

CALLANETICS

Instructor: **Lynne Marotta**, Certified Trainer

Content: Callanetics will gently improve posture, strengthen and tone muscles as well as increase flexibility. This non-aerobic exercise enhances how you look and feel while keeping your back, neck, and knees safe.

Day & Time: **Tuesdays** **Thursdays**
9:30 – 10:30 am **9:30 – 10:30 am**

Date: January 19 – March 29 (10 weeks)

Location: **Leonia Recreation Dance Studio**

Fee: \$80.00 1 class \$105.00 non-resident
\$140.00 2 classes \$165.00 non-resident
\$190.00 3 classes \$215.00 non-resident

****No Class February 16 – Winter Break****

ADULTS/SENIORS

CALLANETICS SENIOR CLASS: GENTLE STRETCH AND TONING

Instructor: Lynne Marotta, Certified Trainer

Content: Enjoy gentle movements that strengthen and tone the body. The exercises and stretches will be done sitting, standing, or done on a mat. You will learn how to get up and down to the mat as well. This relaxed atmosphere will enable you to learn about our body at your own pace. You will learn how to keep your back, neck and knees protected as you strengthen.

Day: **Thursdays**

Time: 10:45 – 11:45 am

Date: January 21 – March 24 (10 weeks)

Location: **Leonora Recreation Dance Studio**

Fee: \$55.00 resident \$70.00 non-resident

CARDIO CALLANETICS

Instructor: Lynne Marotta, Certified Trainer

Content: A low impact aerobics class with simple dance steps using full range of motion. Increases fluidity and cardiovascular fitness.

Day: **Tuesdays**

Time: 10:45 – 11:15 am

Date: January 19 – March 29 (10 weeks)

Location: **Leonora Recreation Dance Studio**

Fee: \$60.00 resident \$75.00 non-resident

****No Class February 16 – Winter Break****

CHI GUNG (QIGONG – CHI GONG)

Instructor: Norman Blagman

Content: Chi Gung (Qigong-Chi Gong) is a Mind and Body exercise for healing, longevity, and has been used in China for thousands of years. It incorporates belly breathing and gentle movements. It clears energy blockages and balances the Yin and Yang and restores optimum health. Please wear loose clothing.

Day: **Mondays**

Time: 9:30 – 10:30 am

Date: January 25 – March 28 (9 Weeks)

Location: **Recreation Center Meeting Room**

Fee: \$90.00 **OR** \$10.00 per Session

****No Class February 15 – Presidents Day****

ADULTS/SENIORS

CLASSICAL FRENCH FOIL

Content: Want to get fit while learning a unique skill? Classical fencing teaches fencing as a martial art so you develop more confidence, self-respect and coordination. For beginners class will focus on fundamentals such as the guard, lunge, basic footwork, attacks and defenses with this thrusting weapon. For returning students you will need to purchase a mask and jacket and you will begin fencing with each other. Classes require both mental and physical exertion which will help you develop strength, stamina, flexibility, and mental acuity.

Ages: 10 year olds and Up

Day: Tuesdays

Time: 6:00 – 7:00 pm

Date: January 19 – March 22 (9 weeks)

Location: Leonia Recreation Dance Studio

Fee: \$150.00 resident \$175.00 non-resident

****No Class February 16 – Winter Break****

COMMUNITY YOGA – NEW PROGRAM!!!

Instructor: Allison Miller

Content: Start your morning feeling grounded, centered, and aligned with guided exploration of your breath and posture. Build your strength and flexibility while developing body awareness in a fun and safe environment with simple sequences drawn from a variety of yoga lineages and healing modalities. This class is suitable for all experience levels. Generous attention is given to each student to support their growth and development.

Day: Tuesdays AND Thursdays

Time: 10:00 – 11:00 am

Date: [Tue: January 19 – March 1] & [Thurs: January 21 – February 25] - **12 classes / 6 Weeks**

Location: Recreation Center Gym

Fee: \$100.00

****No Class February 16 – Winter Break****

ADULTS/SENIORS

EVENING YOGA FLOW

Instructor: Megan K. Lutz, Registered Yoga Teacher

Content: Yoga is a practice that links the breath with movement to stretch and strengthen the body while also balancing and centering the mind. Please join me for this alignment oriented mixed level Vinyasa Flow class where you will be encouraged to meet yourself in the moment.

Ages: 16 year olds and Up (12 spots available per class)

Day: Mondays

Time: 7:30 – 8:30 pm

Date: January 25 – April 4 (10 Weeks)

Location: Recreation Center Meeting Room

Fee: \$125.00

Day: Thursdays

Time: 7:30 – 8:30 pm

Date: January 28 – March 31 (10 weeks)

Location: Recreation Center Meeting Room

Fee: \$125.00

Day: Mondays & Thursdays (For Both Classes)

Location: Recreation Center Meeting Room

Fee: \$225.00

Walk-In Rate: \$25.00 per class – Please Arrive 15 Minutes Early to Sign Paperwork and Pay for the Class

****No Class February 15 – Presidents Day****

GENTLE YOGA

Instructor: Amy Priest, Padma/ Certified Yoga Instructor

Content: Designed for those who prefer a gentler yoga class. Each class will end with a guided deep relaxation that will take you into a deeper state of stillness and meditation.

Day: Wednesdays

Time: 11:30 am – 12:30 pm

Date: January 20 – March 23 (10 Weeks)

Location: Leonia Recreation Dance Studio

Fee: \$130.00 resident \$155.00 non-resident

Dress Code: Wear comfortable clothes, bring mat or towel, and do not eat right before class.

ADULTS/SENIORS

LINE DANCING

Instructor: Gloria Zimmerman
Content: If you are looking for FUN, come join us and learn line dancing! Beginners are always welcome.
Ages: 55 year olds and Up
Day: Fridays
Date: January 22 – April 1 (10 weeks)
Time: 10:30 – 11:30 am
Location: Leonia Recreation Dance Studio
Fee: \$30.00 resident \$40.00 non-resident

****No Class March 25 – Good Friday****

LONGSWORD

Content: The knightly art of Longsword was used in Europe for hundreds of years to fight wars, duels, and personal combat. This simple cruciform hilted sword can be used with one or two hands. This class will focus on the fundamental posture and movement before going into cutting and thrusting followed by the primary guards and defenses. Students will begin working on partner drills by the end of the session.
Ages: 18 year olds and Up
Day: Tuesdays
Time: 7:00 – 8:00 pm
Date: January 19 – March 22 (9 weeks)
Location: Leonia Recreation Dance Studio
Fee: \$150.00 resident \$175.00 non-resident

****No Class February 16 – Winter Break****

MAT PILATES - PURE POWERHOUSE

Instructor: Marisa Santoro, Certified Mat Pilates Instructor – PowerPilates, NYC
Content: Transform how you look, feel, and move as every movement stems from your core (torso), and nothing strengthens those hard to reach muscles better than Pilates exercises. Ms. Santoro will show how to transition and flow through the exercises that will not only target the abs, but also the glutes, hips, inner thighs and back, while giving the entire body a unique workout. Pilates rings are highly recommended. Please bring a towel and water.
Day: Mondays & Thursdays
Time: 10:30 – 11:15 am (Mon)
7:30 – 8:15 pm (Thurs)
Date: January 25 – March 21 (Mon); January 21 – March 10 (Thurs)
Location: Leonia Recreation Dance Studio
Fee/Duration: \$90.00 **\$5.00 was added for recreation administrative fees**
\$115.00 non-resident

****No Class February 15 – Presidents Day****

ADULTS/SENIORS

NORTHERN ITALIAN DUELING SABRE

Content: Want to get fit while learning a unique skill? Classical fencing teaches fencing as a martial art so you develop more confidence, self-respect and coordination. For beginners class will focus on fundamentals such as the guard, lunge, basic footwork, attacks and defenses of this cut & thrust weapon. For returning students you will need to purchase a mask and jacket and you will begin fencing with each other. Classes require both mental and physical exertion which will help you develop strength, stamina, flexibility, and mental acuity.

Ages/Day: **16 year olds and Up – Tuesdays**

Time: 8:00 – 9:00 pm

Date: January 19 – March 22 (9 weeks)

Location: **Leonía Recreation Dance Studio**

Fee: \$150.00 resident \$175.00 non-resident

****No Class February 16 – Winter Break****

SATURDAY YOGA

Instructor: **Amy Priest**, Padma/Certified Yoga Instructor

Day: **Saturdays**

Time: 10:30 am – 12:00 pm

Location: **Leonía Recreation Dance Studio**

Fee: \$18.00 per class

Duration: All Year Round - Ongoing

SHAMANIC DRUMMING

Instructor: **Anne Wennhold**

Content: Rhythmic adventure with drums, rattles, and other percussion instruments. Explore Shamanic tradition and experience a ritual called “journeying.”

Day: **Fridays**

Time: 9:30 – 11:00 am

Date: January 22 – March 18 (8 weeks)

Location: **Recreation Center Meeting Room**

Fee: \$80.00 resident \$105.00 non-resident

****No Class February 12 – Lincoln’s Birthday****

TABLE TENNIS

Instructor: **Sol Epstein / Dave Torres / Danilo Torres**

Content: Enjoy the competition of table tennis in a fun atmosphere. Each player is asked to bring their own paddle and balls. Call Leonía Recreation Center at (201) 592-5783 for more information.

Ages: **18 year olds and Up**

Day: **Wednesdays**

Time: 6:00 – 10:00 pm (Wed)

Location: **Recreation Center Gym**

Fee: Wednesdays -- \$60.00 resident \$90.00 non-resident

ADULTS/SENIORS

TAE KWON DO

Instructor: Laura Lewis, 3rd Degree Black Belt

Content: Improve balance, flexibility, conditioning, and self-esteem while learning self-defense as well as competition style Tae Kwon Do. Students can advance in belts through serious practice and dedication. Great for both parents and children to take together! Additional fee of \$25.00 is required to take promotion test. For beginners and more advanced participants.

Ages: 6 year olds and Up

Day: Mondays

Time: 7:00 – 9:00 pm

Date: January 25 – March 28 (9 weeks)

Location: Recreation Center Gym

Fee: \$90.00

****No Class February 15 – Presidents Day****

VOLLEYBALL

Instructor: Shannon LaBianco

Day: Sundays

Time: 7:00 – 10:00 pm (10 weeks)

Location: Recreation Center Gym

Fee: \$25.00 OR \$10.00 Single Night Play

YOGA

Instructor: Amy Priest, Padma/Certified Yoga Instructor

Content: Yoga means “union.” In this multi-level class we will be bringing into union body, mind, and spirit through yoga asanas (postures), pranayama (breathing practices), and yoga nidra (deep relaxation), which moves into stillness and meditation.

Day: Wednesdays

Time: 10:15 – 11:20 am ***Please be on time***

Date: January 20 – March 23 (10 Weeks)

Location: Leonia Recreation Dance Studio

Fee: \$130.00 resident \$155.00 non-resident

Dress Code: Wear comfortable clothes, bring mat or towel, and do not eat right before class.

ZUMBA GOLD – NEW PROGRAM!!!

Instructor: Celia Marrero- Alvarez

Content: ZUMBA® GOLD is a less intense Zumba class with dance routines designed for beginners and older-active-adults using modified movements. We use the same great Zumba formula that provides a program that improves balance, flexibility and cardiovascular. Please wear comfortable clothes that you can move around in, and comfortable shoes with sturdy support. Bring a water bottle for your own convenience.

Day: Thursdays

Time: 10:30 – 11:30 am

Date: January 21 – March 24 (10 Weeks)

Location: Recreation Center Dance Studio

Fee: \$75.00

REGISTRATION FORM

1. Up to three programs may be registered for on one form and up to two names may be listed as long as it is for the same program / programs.
2. Please make checks payable to "BORO OF LEONIA"

NO NEWS IS GOOD NEWS

You will only be notified if a class has been filled, cancelled or changed.

PLEASE FILL OUT ENTIRE FORM

NAME_____

ADDRESS_____

CITY_____ZIP_____

HOME PHONE_____CELL_____

WORK #_____Male_____Female_____Age_____

DATE OF BIRTH_____CHILD GRADE_____

PARENT/GUARDIAN NAME(PRINT)_____

Email address _____

1. PROGRAM NAME_____

TIME_____DAY_____AMOUNT_____

2. PROGRAM NAME_____

TIME_____DAY_____AMOUNT_____

3. PROGRAM NAME_____

TIME_____DAY_____AMOUNT_____

WE ASK ALL PARTICIPANTS OF RECREATION PROGRAMS TO PLEASE COMPLETE AN EMERGENCY AUTHORIZATION FORM IF NOT CURRENTLY ON FILE OR INFORMATION HAS CHANGED.

NOTE: THE BOROUGH OF LEONIA IS NOT RESPONSIBLE FOR AN ACCIDENT WHICH IS THE DIRECT RESULT OF THE PARTICIPANT'S INVOLVEMENT IN A RECREATION PROGRAM. ANY MEDICAL TREATMENT FOR ANY ACCIDENT IS THE RESPONSIBILITY OF THE PARTICIPANTS'S OWN MEDICAL INSURANCE.